



JUNE 2010



MONTHLY SCHEDULE & NEWS FOR CITY OF DULUTH SENIOR RECREATION SITES

City of Duluth Department of Public Administration
Parks & Recreation Division
12 East 4th Street • Duluth, MN 55805 • 218.730.4310

EVERGREEN

5830 Grand Avenue • 723.3663

WEEKDAYS	11:30	Senior Dining Meal
MONDAY	12:00 1:00	Hand & Foot Cribbage
TUESDAY	12:15	500
WEDNESDAY	12:15	Bridge & Crafts
THURSDAY	12:30	Bingo
FRIDAY	12:15 1:00	500 Cribbage

Thursday June 3
11:30 Senior Birthday Party/Cake

Saturday June 5
11-4 Senior Potluck - Cards to follow

Monday-Tuesday June 7-8
1-5 PM AARP Defensive Driving Class
1st Time Class - 8 hours total
(Call 730.4319 to register)

Friday June 11
10:30 Senior Meeting

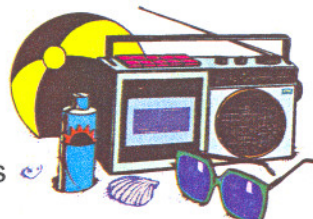
Wednesday June 16
3:00 US Steel Meeting

Thursday June 17
12:15 Guest Speaker:
MN Reading Corporation
+ 1 Special Bingo Game!

Monday June 21
11:30 Post Polio

Tuesday June 22
1-5 PM AARP
Defensive Driving
Refresher Course
(Call 730.4319
to register)

**MORGAN PARK,
PORTMAN,
on back.
(See separate
page for
Lincoln Park
and
Rainbow
Centers)**



SENIOR ACTIVITY SCHEDULE "At A Glance"

Weekly, unless otherwise indicated.

BINGO

Monday
12:30 - Portman

Wednesday
12:30 - Morgan Park
1:00 - Rainbow

Thursday
12:30 - Evergreen
1:00 - Lincoln Park

Friday
1:00 - Rainbow

FOOT CARE (Fee Applies)

Tuesday, June 29
9:00 - Portman
NEW PHONE NUMBER:
Call 730.4388 to sign up.

BLOOD PRESSURE

Tuesday, June 8
10:00 - Lincoln Park

Monday, June 14
11-11:30 - Portman

Wednesday, June 16
1:00 - Lincoln Park

Wednesday, June 30
11:30 - Rainbow

HAPPY FATHER'S DAY!

MORGAN PARK

1242 88th Avenue West • 626.4522

WEEKDAYS	10:00 11:30	Open Recreation Senior Dining Meal
MONDAY	10:00	Bone Builders
TUESDAY	10:30	Quilting
WEDNESDAY	9:30 10:00 12:30	TOPS Bone Builders Bingo
THURSDAY	12:30	Cribbage
FRIDAY	10:00 12:15	Bone Builders Bridge

Wednesday June 16
11:00 Senior Meeting
12:15 Guest Speaker:
MN Reading Corporation
+ 1 Special Bingo Game
Root Beer Float Party after.

Tuesday June 29
4:00 Summer Potluck
*Eat at 4 PM, with cards and
games to follow.*

By profession, I am a soldier and take pride in that fact. But I am prouder, infinitely prouder, to be a father. A soldier destroys in order to build; the father only builds, never destroys. It is my hope that my son, when I am gone, will remember me not from the battlefield, but the home, repeating with him our simple daily

prayer, "Our Father, who art in Heaven."

Douglas Macarthur



By the time a man realizes that maybe his father was right, he has a son who thinks he's wrong!

Charles Wadsworth

PORTMAN

4601 McCulloch Street • 525.0838

WEEKDAYS	11:30	Sr Dining Meal
MONDAY	12:30	Bingo
TUESDAY	9:00 12:00	Exercise Bridge
WEDNESDAY	1:00	Tap Dancers
THURSDAY	9:00	Exercise

Friday June 4
1-5 PM AARP Defensive Driving Refresher Class
(Call 730.4319 to register)

Monday June 14
11-11:30 Blood Pressure
12:00 Senior Meeting
12:15 Guest Speaker:
MN Reading Corporation
+ 1 Special Bingo Game!

Friday June 18
12:30-3 "Father's Day"
Party and Entertainment

Tuesday June 29
9:00 Foot Care
Call 730.4388 to sign up.

The most important thing a father can do for his children is to love their mother. Author Unknown

Call 218.727.4321 for more info on the SENIOR DINING PROGRAM sponsored by AEOA at the following sites:

DULUTH HEIGHTS HOLY CROSS CHURCH
410 North Arlington Avenue • 722.6022
EVERGREEN SENIOR CENTER
5830 Grand Avenue • 723.3663
LINCOLN PARK COMMUNITY CENTER
2014 West Third Street • 722.4107
MORGAN PARK COMMUNITY REC CENTER
1242 88th Avenue West • 626.4522
PORTMAN COMMUNITY REC CENTER
4601 McCulloch Street • 525.0838
RAINBOW COMMUNITY CENTER
211 N 3rd Ave E • 727.8147
WOODLAND GARDENS APARTMENTS
127 Calvary Road • 724.2989



LINCOLN PARK CENTER

2014 West 3rd Street • 722.4107 (Carol Kari)

SPECIAL EVENTS

Computer lab open weekdays!!!
\$3 per month

Thursday June 3 NAPS 12-1:00 PM

Monday June 7 BAKE SALE 9 AM - 2 PM
(Lincoln Park Center)

Tuesday June 8 BLOOD PRESSURE CHECKS by Interim 10 AM - 12 PM
Held at Midtowne II - Open to the Public

Monday June 14 ADVISORY COMMITTEE MEETING 12 PM

Wednesday June 16 BLOOD PRESSURE CHECKS 1-2 PM
Held in the "Health Office" at Lincoln Park Center - Open to the Public

Thursday June 21 AARP DRIVERS SAFETY PROGRAM REFRESHER COURSE 1-5 PM
Call 722.4107 between 9-2 to register.

WEEKLY ACTIVITIES

WEEKDAYS	11:30 - 12:15	SENIOR DINING MEAL
	Various Hours	COMPUTERS AVAILABLE FOR USE - \$3 monthly fee (Except during the Computer Classes on Mondays from 9:30-11:30 AM and 12:30-2:30 PM.)
MONDAY	9:30 - 10:30	EXERCISE CLASS WITH CAROL Low impact exercises done standing or sitting. All are welcome!
	9:30-11:30	COMPUTER CLASSES
	12:30-2:30	COMPUTER CLASSES
TUESDAY	9:30 - 3:00	CERAMICS
	10:00 - 2:00	"MORNING OUT" - WEST <i>Call Peg Kirsh Lee of Lutheran Social Services at 724.0648 for more information on this program that gives caregivers a break.</i>
	10:00 - 1:00	ICE CREAM SOCIAL - \$1 each for sundaes and root beer floats!
WEDNESDAY	9:30 - 10:30	EXERCISE CLASS WITH CAROL
	10:00 - 2:00	PAINTING
THURSDAY	10:00 - 1:00	HOT CHOCOLATE - \$.50/cup
	1:00-2:30	BINGO
FRIDAY	12:30 - 3:00	CRIBBAGE

F - Faithful
A - Always There
T - Trustworthy
H - Honoring
E - Everloving
R - Righteous
S - Supportive



RAINBOW CENTER

211 North 3rd Avenue East • 727.8147 (Cathie McGovern)

SPECIAL EVENTS

Happy
Father's
Day!



Tuesday	June 1	COOKING CLASS 12:15 PM
Thursday	June 3	NAPS 10 am - 2 pm (727.5653, ext 12) Call 727.8147 to adjust schedule
Friday	June 4	BIRTHDAY BINGO 1 PM
Monday	June 7	VIKINGS AND VOYAGES: Educational Lecture 2 PM
Tuesday	June 8	BEGINNING YOGA: Basic stretch and flexibility movements 3 PM
Wednesday	June 9	SUMMER CRAFT, BAKE SALE & OPEN MARKET 8:30 AM
Monday	June 14	ADVISORY BOARD MEETING 9:30 AM SPEAKER 2 PM ("Treasures Appraisal" with Dan Sershon)
Tuesday	June 15	BRIDALSHOWER PARTY 1:30 PM <i>Special event - come have cake!</i>
Wednesday	June 16	SUMMER CRAFT, BAKE SALE & OPEN MARKET 8:30 AM
Monday	June 21	SPEAKER 2 PM ("Depression: How To Defeat It" - Dr. Katie Franklin)
Tuesday	June 22	GONE FISHING PARTY 1:00 PM <i>Pizza \$1 per slice, beverage, prizes, and fishing surprises</i>
Wednesday	June 23	SUMMER CRAFT, BAKE SALE & OPEN MARKET 8:30 AM AARP DRIVERS REFRESHER COURSE 9 AM
Thursday	June 24	STRESS RELIEF THERAPY WITH WENDY GRETHEN 1:30 PM
Monday	June 28	SPEAKER 2 PM ("Caregiving" with Dr. Jeff Wallhoff)
Wednesday	June 30	BLOOD PRESSURE CHECKS (Interim) 11:30 AM

WEEKLY ACTIVITIES

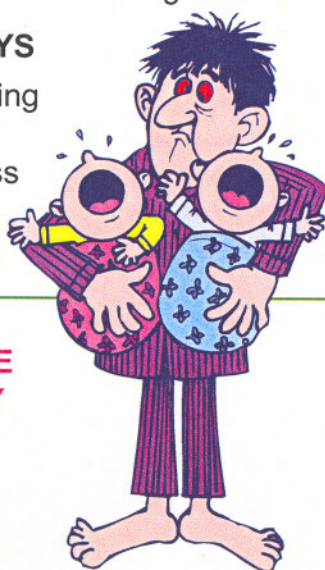
WEEKDAYS 11:30-12:30 Senior Dining Meal

MONDAYS

12:30 Water Color & Drawing
12:45 Cards
Judi's Exercise Class
2:00 Educational Lecture
& Ice Cream Parlor

**BLESSED INDEED IS THE
MAN WHO HEARS MANY
GENTLE VOICES CALL
HIM "FATHER"!**

Lydia M. Child



TUES

9-12
8-4

AARP Tax Preparation
Ceramics
(8-6 on 2nd Tues)
Knit, Crochet, &
Handwork
Tai-chi
Coin Club (2nd Tues)



WED

8:30 - 3
9-12
1:00

Ceramics
AARP Tax Preparation
Bingo

THURS

9-3
All Day
10:00

Open Art Class
Open Recreation
Naps (1st Thursday)
Chair Yoga

FRI

9-3
10:00
1:00

Open Art Class
Chair Yoga
Bingo

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DAY

PARTY

FRIDAY • JUNE 18, 2010

12:30 - 3:00 PM

Portman Community Recreation Center

4601 McCulloch Street

Come early for the AEOA Senior Dining Meal
RESERVE YOUR MEAL BY JUNE 16 - CALL 525.0838
Homemade Vegetable Soup and Turkey Sandwich

AS ALWAYS, NO RESERVATIONS NEEDED FOR THE PARTY!

FREE REFRESHMENTS:

“KEG” of Root Beer

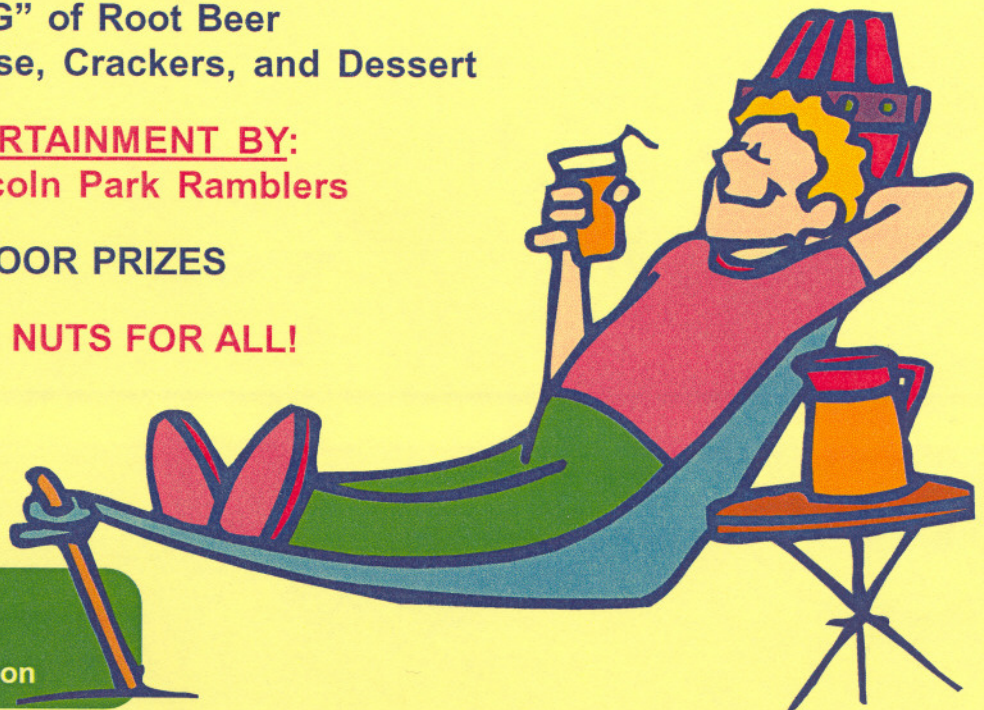
Sausage, Cheese, Crackers, and Dessert

ENTERTAINMENT BY:

The Lincoln Park Ramblers

DOOR PRIZES

BEER NUTS FOR ALL!



Call Theresa
at 218.390.4971
for more information